

The Cheerful Letter

Every place a church; every day the Lord's day; all events blessings; all joy thanksgiving; and all nature and life full of God.—James Freeman Clarke.

Vol. XL

JUNE, 1931

No. 1

Publication Office

49 Franklin Street, Boston, Mass. Monthly, except August: 50 cents a year. Single copy, 5 cents

Check, post-office order, or stamps should be sent to the Cheerful Letter Exchange,
25 Beacon St., Boston, Mass.

Entered as second-class matter at the post-office at Boston, Mass.

"Acceptance for mailing at the special rate of postage provided for in Section 1103, Act of October 3, 1917, authorized July 17, 1922."

OUR OBJECT

(Reprinted from first issue of the *Cheerful Letter*, June, 1892)

First, our object is to bring a word of cheer and comfort to the lonely and sorrowful in every part of the country that we can reach. Not only to those who are "shut-in" by illness, which is the beautiful work of the "Shut-in-Society," but to all whose lives will be brightened and strengthened by sympathy and friendship. Our message is to the sick and suffering and to others as well.

It is to lonely women leading a solitary life on ranches and prairies.

It is to the friendless and homeless in city or country.

It is to young girls whose daily work leaves them little opportunity for study and who yet feel the need of something in the way of reading, more systematic than a glance at papers or stories.

It is for the busy housekeeper and the hard-worked mother. It is for those young mothers who feel all the responsibility of their sacred charge and desire opportunities for taking counsel with others and reading helpful books.

It is for those who live far from churches and Sunday-schools.

It is also for those who have a superfluity of all those things which others need. We hope to be a medium of communication. Some women have time, opportunity for study, plenty of books, magazines and papers and want to share out of their abundance with those who are less fortunate.

ONE FLOCK AND ONE SHEPHERD

Other sheep I have which are not of this fold; them also I must bring, and they shall hear my voice; and there shall be one flock and one shepherd. John 10:16.

Who can measure the multitude of thoughts which have circled round this saying of Christ? It has always given man new life and beauty and thought when he has been worthy to receive it. Has it not always lifted you into the world of imaginative feeling where the divine beauty gleams, and then built up around you that infinite world of love of which we know so little and feel so much, but of which in those rare hours when we see it face to face we say: This is eternity?

And in truth, above all things else in this saying, there is in it the power of infinity. We see into the central heart of Christ, and, standing with him there, look forward with him over the immortal landscape of a redeemed and eternal humanity. Out of the illimitable love of his heart, of which we are conscious as we hear these words, we see issuing the illimitable power of his Father to redeem us, and then the illimitable result—one flock, one shepherd.

I speak first of the genesis of the saying. Christ has been telling in two parables of the shepherd and the sheep; of himself as shepherd, of his one flock and fold among the Jews, of those who, hearing their shepherd's voice, had followed him and were his own. And then he paused, or so it seems to me, and was silent for a time, and ceased to look at the disciples. And in his

eyes, as I picture to myself the scene, rose that far-off look, so often his, which was so inexplicable to the apostles—the look of one who saw opening before his eyes the endless future. And while they were silent and wondered, suddenly, as if in a soliloquy, dropped out these strange and beautiful words, the revelation of his inmost soul, the prophecy of a perfect result. What tongue could tell the beauty of the face of Christ, the wonder of his eyes, when this secret joy rose out of the depths of his heart and transfigured him—the joy of the vision at the end, of one flock and one shepherd?

What did he see? He saw the Gentile world redeemed. Other sheep I have—other than the Jews—who are mine, whom I must bring, who shall hear my voice.

Keep close to the heart of Jesus, and, when the old spirit of the apostles that would call down fire on those that refused Christ arises in your heart, or the violence of exclusion fills your mind, think of him when, standing quietly in the midst of the Jews, infinite love swelled in his soul, and say to yourself, "Other sheep I have, not of this fold."

The lesson is deeper still as we read on. The moment he saw the far-off sheep, he felt himself bound to make them his own. "Them also I must bring." "They shall all be mine," he cried, in spite of all their resistance. "I will love them till they yield to me. Over a thousand hills and through all the desert places of mankind I will seek them, and bring them back on my shoulders rejoicing, and all the angels of heaven shall have joy over those that were lost and are found again. For they shall hear my voice. They shall hear, if not now, then afterwards. No living soul shall resist the pertinacity of my love." Oh, what fine daring, what conquering love! There he stood, a poor Jewish teacher, unknown to the great world that swayed around him, despised and rejected of those who knew him, his name known afterwards to Roman and to Greek only as one who was slain by Pilate as a disturber of the peace. Yet, all the time there lay deep in his heart the godlike confidence that all the world of men, past, present, and to come, should hear God's voice and be folded in God's goodness.

It was a confidence based on his faith that he spoke the very thoughts of God. When he said, "I *must* bring them," he expressed the root idea of God with regard

to man. The nature of a father contains within it this natural duty of saving his son from evil. There is an imperative in the Fatherhood of God. He must bring back his wandering children. It is not a matter of choice, but of necessity. He would cease to be a Father, if he did not do it; and if God were to cease from Fatherhood, he would be no longer the God whom Christ revealed. God must save all his children. "They *shall* hear my voice." All men at last shall obey that cry of God through Christ.

This is the faith which saves life from gloom and lifts it into joy, such joy as we can have, conscious as we are of our own sin, conscious of the woe and crime of men. Were it not for this certainty in the bosom of God, were it not for this "must be" in his nature, we might indeed despair, so cruel are the strong, so sinful are the weak, so ghastly are the sorrows wrought by ignorance and poverty, so dark are our own hearts, and so feeble our steps to good. But out of despair no good ever comes—nothing but the sin of Judas; and out of faith in God's sovereign love, rooted in God's duty to his children, at least comes that capacity for action, that inspiration and hope which exalts the actions and deepens the emotions of life.

And the result of this work? There shall be one flock and one shepherd. There is no such word as fold in the original, and "fold" spoils the whole force of the conception. There shall be one flock and one shepherd,—that is what Christ said. No need, then, for a secluded fold, for all the universe of God will be the fold of the redeemed. There will be no more enclosures, no spaces set apart for a favorite few, for all shall know him from the least to the greatest; but there will be one flock, united, universal; one mankind, under one shepherd, bound together by the love of all to their Guide and caretaker; one spirit filling all and binding all together.

What? All our divisions at an end, all our angers and hatreds done with, all our quarrels healed, all our wars of opinion and classes and nations lost in the great whole of love? Yes; all—for all shall be in God, and God is love.

Ye who think of him too exclusively as the lamb led to the slaughter should think of him also as the shepherd who bears rejoicing on his shoulder into peace of righteousness the wandering sheep of all the world. That was his joy. It should be ours

also to look forward to it. We love Christ for revealing it to us. We love all men, so worthy do they now become through that revelation. And faith as the root of our joy, and love as its practice, are bound up with the hope, that is certainty, of the absolute fulfilment of the golden age of man.

Many poets, many prophets, have had that dream, each for his own nation or for his own Church; but unto none until Jesus came was given the grace to see the future unity in the actual divisions of men, to see all mankind one flock following one shepherd.

—*Stopford A. Brooke.*

(This sermon was printed in the *Cheerful Letter* for June, 1893)

GREETINGS FROM OUR CHAIRMEN

Book and Magazine Club

To supply our friends who live in lonely places, in this and other countries, with sound reading is a worthwhile undertaking, and has a wonderful influence in their lives. The sending of sewing material has kept many a lonely woman from feeling entirely shut off from the rest of the world. In many cases the letters sent from an interested friend have been guide-posts along the highways of their lives. The great influence for good that the *Cheerful Letter* Exchange has brought about during the past forty-four years can never be adequately measured.

—*Mrs. J. A. McCADDIN, Chairman.*

Home Study Committee

Perhaps some boy or girl, who has had to miss many hours of school, may read this message. If you are behind in your classes the Home Study Committee stands ready to help you.

Perhaps you are a mother, perplexed with your children's problems. The Home Study Committee is ready to send you a package each month, a package containing helpful articles on the care of children and the conduct of the home.

Many interesting books are offered for reading to boys and girls. The only requirement is that you answer conscientiously, and return to the Chairman, a list of questions sent with each book.

Articles are kept on file, covering many subjects. These are gladly sent to teachers and others who request them.

The Home Study Committee at the present time is helping with their studies one hundred and three persons. These studies cover a variety of subjects, ranging from elementary subjects to astronomy and Latin. Perhaps you, also, would like help.

—*RACHEL SANDS, Chairman.*

Libraries

The Library Department of the *Cheerful Letter* Exchange is doing an extremely valuable work in helping consolidated schools to become accredited on their State lists, in aiding teachers, both in one-room and larger schools, to round out their courses beyond the narrow limits of the prescribed text-books, and, in general in aiding the cause of education in every possible way.

The Library Department last year added to its lists its first college library. In addition, the Library Department establishes community libraries from Maine to Texas, from Alberta to Florida, in poor, neglected neighborhoods where the books are eagerly sought as the only accessible amusement, and where the *Cheerful Letter* is anxious to spread good influences and to cultivate a reading habit, and, on the other hand, in very different sections of the country, where educated people are hungry for the books they cannot buy.

Mrs. HENRY R. BOWSER, Chairman.

FAITH

We walk by faith, dear Lord, and not by sight;

We cannot follow where thy footsteps led,
Nor hear that voice of tenderness and might,

The voice that calmed the storm and raised the dead.

Yet had we known thee, doubting and weak-hearted,

With thickest veil of worldly thought between,

We might have stood aloof, or soon departed,

And not believed that which our eyes had seen.

But, if we have not seen, and yet believe,

A better blessing thy dear love imparts,
More than thine outward presence to receive,

To find thy spirit formed within our hearts. —*James Freeman Clarke.*

THE CHEERFUL LETTER

THE BOOK AND MAGAZINE CLUB

Send all offers and requests for this department to Mrs. J. A. McCaddin, 21 Ashfield St., Roslindale, Mass.

Please remember, when you see a request for a book in the Book Club, to write a card asking "Shall I send such a book to such a person?" before sending it, else the person who requests it may receive several copies. When any one writes directly to you, asking for a book offered by you, send a card to Mrs. McCaddin, saying that you have sent it. When you receive more requests than you can meet, send those to the Book Club to be printed here.

SPECIAL NOTICES

It will greatly aid those who are sending books, magazines, cards, and so forth, if all our correspondents who send requests for their children will take pains to mention their names and ages. Lacking such information, one is likely to make mistakes; for a boy of twelve and a girl of seven are not usually interested in the same things.

When writing to the Exchange for the first time, correspondents should always give, as reference, the name and address of their clergyman.

When correspondents move to a new address, notice should be sent either to our headquarters, 25 Beacon Street, Boston, Mass., or to those persons who have been sending books and magazines.

It is necessary to state positively that the Cheerful Letter Exchange is not a "clothing bureau" and not a "charitable" society in the usual sense of the word. We do not undertake to send correspondents money, clothing or household goods. Letters asking for that sort of assistance cannot receive attention. Letters not signed cannot be printed.

Many people do care for just the kind of friendly service for which we are organized. We limit our efforts to them and their wishes.

Those who enjoy receiving books and magazines are asked to remember that they, in their turn, can give much pleasure if they will take pains to write to the persons who send such reading matter. In cases where no word of response goes back—not even to say that the books or magazines were received—senders may suppose the parcels were not welcome. Let us each do our share.

APPEALS

1. I have never had a letter printed before and I would like very much to receive any kind of cheer. I live out in the mountains where there isn't very much going on. My girls' ages are 14, 11 and 5, and the boys are 8 years old and six months. Mrs. Bessie Duvall, Rugby, Va.

2. Mrs. W. G. Dollar, Smethport, N. C., hopes this letter will find a place in the *Cheerful Letter* magazine. She is very lonely, being many miles away from her mother; and her husband is not strong. She would appreciate quilt scraps and reading matter.

3. Mrs. N. G. Gravitt, Evansville, Tenn., would like reading and sewing material. She has one little girl, seven years old, and Mrs. Gravitt would be pleased if some one remembered the child.

4. I have two small children, an aged mother, and an invalid husband to care for. It would be very nice if some one sent some good reading matter and sewing material. Mrs. Annie L. W. Rhodes, Snowden, Va.

5. Mrs. Zola Spencer, Rugby, Va., wonders if some *Cheerful Letter* member could

spare a little cheer and sunshine. She has been very ill, and discouraged over the fact that her strength has not returned. She is the mother of two boys, ages 11 and 6; and they live in a house that is sixty years old which is very dark and lonesome and very much out of repair. Reading and quilt pieces would be appreciated as it took everything they had to meet the doctor's bill.

6. A lady gave me a copy of the *Cheerful Letter* magazine and I see that members will send cheer and reading. I have two children, Mary, aged 9, and Louise, aged 5. I hope we may receive some reading and pictures. Mrs. L. S. Watson, Gordon, Ala.

7. If it is not asking too much, I would like some quilt scraps, thread and reading, especially the October number (1929) of *Good Housekeeping*. My husband enjoys the *Geographic Magazine*. I want to thank the ones who sent us the *American Magazine* and the *Woman's Home Companion* last year, for we and twelve other families read them. We certainly appreciated the kind thought. Mrs. May Morgan, Rupert, Ark.

8. Mrs. Ada Gravitt, Daisy, Tenn., is the

mother of three children. The oldest child is going to start school next fall and she would like a primer for her so she can start teaching her at home. She does her own sewing and perhaps some member would send her some scraps.

9. I am the mother of five small children, three boys and two girls. My husband is crippled in his right leg and foot and not able to do very much. We live in a little log cabin on a rented farm, a long way from church and school. I am teaching the children the best I can and I would be glad if someone would send us some school books and material. I hardly ever go away from home and it does get very lonesome, so I hope to receive some quilt scraps and adult reading. Mrs. George R. Rakes, Spencer, Va.

10. Mrs. J. F. Moonfield, Madison, N. C., sends a request for cheer. Her husband has been paralyzed since 1926, and she has two boys, ages 14 and 21 and a girl, aged 12, to look out for.

11. I will write a few lines as I have not sent an appeal for a year. I have been in poor health for several months and not able to correspond a great deal. Will some one please send me some cheer in the way of quilt scraps and thread? Mrs. S. M. Lively, Ingleside Route, Newport, Ark.

12. Mrs. Emory Spencer, Rugby, Va., wishes to thank those who have remembered her in the past and to ask for some reading matter for her two small children who were obliged to stay out of school this winter because of her rheumatic condition. Some papers to read will help pass the time.

13. Three years ago I had a book from the *Cheerful Letter* Exchange, but owing to a nervous illness I neglected writing any more. Now I am somewhat better and would enjoy any kinds of magazines or books. I have a boy, three years old, and a girl, aged 2. We are poor and live on rented land and there is no amusement of any kind; a very lonesome life. You see, any kind of cheer would mean a lot to us. Mrs. Clyde Wyatt, Lansing, N. C.

14. Mrs. Anna G. Coker, Route 2, Athens, Texas, would like some magazines. She has no reading at all and any kind will be appreciated. She has two boys, ages 12 and 10 and a little girl, about seven years old.

15. I want to thank the friend who sent me the *Cheerful Letter* magazine. I do love to read it. Also I want to thank all who have sent me cheer in the past. It has been

a long time since I have heard from the *Cheerful Letter* friends and perhaps some of them will remember me again. Mrs. Frank Olds, Jr., Star Route, Swatara, Minn.

16. Mrs. Dean Kilby, Route 1, Box 69, Rugby, Va., is writing to see if there is some one who will cheer a very poor family. They live in the country and get very lonely. Mrs. Kilby could use some quilt scraps and embroidery thread and her husband is interested in reading.

A READER FOR FORTY YEARS

Atlantic, Iowa, July 6th, 1930.

My dear Miss Bush:

I am writing to thank you and the *Cheerful Letter Club* of the First Church, Boston, for sending me the book, "The High Forfeit," by Basil King. I received it yesterday. I wish I could thank everyone personally who has been so good to me through the *Cheerful Letter*. I have had the dear little magazine from its beginning and all these years it has been an inspiration to me. My children had good reading. It influenced their lives so they never cared for any but the best. They have had much sickness and many serious troubles in their lives, but the ideals formed in their early years, when we lived in such lonely, barren places, helped them all their lives. I am nearing seventy years of age, and when I look back over the road I can see that the *Cheerful Letter* brightened the way and helped me over the dark places all these many years. It has brought more comfort into my life than any other factor. It would have been a lonely, cheerless way many times, if it had not been for its warm friendliness and encouragement. I do not want to slip out of life without ever telling you and thanking you over and over again for being so good to me and mine.

Sincerely yours,

Sarah Gilbert.

Time spent in taking on coal is not lost to the locomotive engineer, nor is time spent in prayer lost time to the Christian.

Strength is one thing, and power is another. The giant of Gath had strength, but David had power.

Prayer is not the conquering of God's reluctance, but the taking hold of God's willingness.—*Phillips Brooks*.

OUR YEARS OF SERVICE

1892-1931

Our little *Cheerful Letter* magazine is celebrating a birthday with this issue. The first number of the *Cheerful Letter* came from the press in June, 1892. With this number we begin our fortieth year of loving service. Let us, for the moment, look backward, before we turn our faces towards the future.

If we would know the story of the real beginning of the Cheerful Letter Exchange, whose messenger the little magazine is, we must go back eight years before the date of our first issue, to 1884.

In that year the King's Chapel Branch of the Woman's Auxiliary Conference was formed by some of the younger members of that church. Meetings were held for a number of years at the home of the president, Mrs. A. Lawrence Lowell, and later the older women also became members. One of the members had become interested in the work of the "Shut-in-Society," having read two numbers of its little magazine, "The Open Window," and at her suggestion the members of the Branch began to carry on correspondence with invalids and shut-ins.

Three years later, in 1887, at one of the monthly conferences of the Auxiliary, the King's Chapel girls told of their work, and it was then decided to undertake a similar work in other churches, and committees were appointed to engage in it.

In 1890 the Auxiliary became the Woman's National Alliance, and in October of the next year, 1891, a "Study Class Committee" was appointed with Miss Lillian Freeman Clarke, chairman. This committee was to try to organize and concentrate the work that was already being done, and to interest more of the churches. It then seemed necessary to have a paper to serve as the organ of the Exchange, in order to bring into communication those who had reading to give and those who wished to receive it.

At a meeting held in 1892, at 25 Beacon Street, the name *Cheerful Letter Exchange* was chosen, and at this meeting plans for a small paper were discussed, and it was to be called the *Cheerful Letter*. Miss Lillian Freeman Clarke was asked to edit it. For thirty years she faithfully carried on this labor of love, and so organized the work of the Exchange that it became an im-

portant department of the Alliance.

While the committee was working to obtain subscribers, it was also making an effort to learn of people who desired reading and letters. An offer of reading was put in a paper which had a large circulation in the West. Books mentioned were "Stepping Heavenward," "Chaplet of Pearls," and "The Dove in the Eagle's Nest." When a request came, the book was sent, with a letter telling of the Exchange, and asking if more reading was desired. Miss Clarke and Miss Langmaid, the secretary, spoke frequently at meetings, and within six or eight months five hundred subscribers were obtained. At the end of the first year this number had grown to eight hundred.

The first number of the *Cheerful Letter* was published in June, 1892. On the first page of this first issue was a paragraph stating the object of the little magazine. This we are reprinting on the first page of this issue for June, 1931.

During all these years the messages of comfort through its sermons, entertainment for the children, health and home hints for mothers, rare bits of poetry, travel articles, and pleasantries for general reading, have gone into hundreds of homes where it has been the only reading of its kind. From the beginning, the aims and purposes have been clearly stated, and as a test of their genuine soundness it has never been necessary to change them. The motto which those splendid women who organized and developed this branch of service chose as their guide holds just as true today:

"Not what we give, but what we share,

For the gift without the giver is bare."

It soon became necessary to have another secretary for the Book Club Department. The position was first held by Mrs. J. B. Millet, then by Mrs. Laura Hallett, and later by Mrs. W. B. Nichols, who gave many years of conscientious and efficient service. Mrs. Harry A. Stevens is the present chairman of this department.

In October 1893, through the *Cheerful Letter*, each Branch was asked to "select a member to meet the Committee in order to discuss methods of work." This meeting held at 25 Beacon Street on December 1, 1893, was the beginning of the regular monthly meetings, which still continue to be held.

A New York woman, who was an invalid, became interested in the little magazine and offered two books for distribution "Gentle Measures in Training the Young,"

and "Black Beauty." Seven hundred copies of the former were sent to mothers and teachers. "Black Beauty" was sent to several thousand boys and girls, as well as to schools in small towns.

With a few exceptions, the first "shut-ins" and lonely people who were reached proved interesting and satisfactory. Some amusing requests were also received from persons who failed to understand the work and its object.

In 1895 two members of the Massachusetts Bible Society attended one of the monthly meetings. The result was an offer of Bibles and Testaments. The labor of sending them was assumed by the Treasurer, while the expense of postage was paid by the First Parish Brookline Branch. Three hundred thirty Bibles and one hundred fifty-five Testaments were sent out to those who had no Bibles, as well as a number of copies of the Gospel of St. John and the Psalms, in large print, to those who could no longer see to read the fine print.

Then one Branch started an "Envelope Mission." Large envelopes were filled with interesting clippings from magazines and papers, and sent to invalids, and to hospitals for the use of patients who could not hold a book.

Beginning with the second year, each new applicant was required to send a reference from a minister, and begging letters were forbidden. Only reading matter and letters were to be sent. Later quilt scraps and embroidery thread were also included.

When the National Sunshine Society was organized it seemed more important than ever that the Cheerful Letter Exchange should make its work educational as well as helpful. A special effort was made to reach boys and girls between twelve and twenty who desired reading, letters and instruction. A variety of subjects were taught, from writing and arithmetic to drawing and French. From the modest beginning of one teacher and one pupil, the Home Study work has grown to thirty teachers and one hundred and one students. Many are the problems that confront the teacher, but the benefit and also the pleasure derived more than offset the outlay.

For generations the mountain and country people of the South have endured poverty and hardship, and until a few years ago they have remained almost untouched by progress, mainly for the reason that the population is widely scattered, and those living far back in the mountains are miles

distant from any prosperous community. It is the work of the Home Study Department to build up the child life in these lonely places, that their mental development may open the way to that which makes life more abundant.

Following the opening up of the educational work there came the urgent call for books for neighborhood circles, and from this developed the school, traveling and permanent libraries. The year 1897 saw the beginning of the Library work. Mrs. Tillinghast of Cambridge reported that she had arranged and sent a box of books as a traveling library, and she asked others to co-operate with her. The box was sent to a town where there was no library, and where someone had been previously found to take charge of it. It was to remain six months or a year, and then go to another town, when a second box would take its place. It was hoped that after having good reading at their command for two or three years, the people of the town would appreciate its value and endeavor to establish a library. Some of the libraries were prepared especially for schools. Each library contained an atlas, dictionary and cook book.

The traveling and permanent libraries mean much in these small towns and are fully appreciated by many families that otherwise would see nothing but the weekly papers, for in many instances the people living in these remote regions have never been beyond the nearest village which may be twenty miles away.

Mrs. Bowser, the present efficient chairman, says, "Serving little community centers in poverty-stricken hamlets in the mountains is far-reaching service, for thus is given to the people, and especially to the children, a glimpse of something beyond their own hills. A happy story or a romance, the kind of book most liked there, helps to relieve the monotony of hard lives. I am constantly amazed at the eagerness they show for books as compared to the utter indifference toward them shown by many of the workers in our cities. The desire of the parents that their children may have more advantages and 'more larning' than they themselves have is much to their credit and shows the good material with which we are privileged to work."

So, throughout the years the work of the Exchange has grown, steadily and surely. To link together the various departments by furnishing a medium of communication be-

tween those who gave and those who shared has been the mission of the *Cheerful Letter* magazine. If we could follow it from month to month into the many homes it visits, surely our hearts would be gladdened to know of the cheer it brings to discouraged and lonely hearts, and the inspiration it gives to those who are standing on the threshold of life, eager for its unknown opportunities.

Often letters come back to us so full of appreciation and gratitude that our own hearts overflow with "the joy of the opportunity of service."

"Our many deeds, the thoughts that we have thought,

They go out from us thronging every hour;
And in them all is folded up a power
That on the earth doth move them to and fro;

And mighty are the marvels they have wrought

In hours we know not and may never know."

Grateful indeed for the privilege of service during the past years, we look forward to ever-increasing opportunities in the future, with the prayer that some day we may hear the Master say to each one of us, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

FOREST FOLK

We call animals wild, without realizing that man himself has made them so. In our national parks the observer can still catch glimpses of the typical life which animals in this country used to lead. There, in their native haunts and unmolested, the animals become used to the presence of man and actually seem to enjoy association with him. Wild grouse strut about like farmyard poultry; bears pay friendly visits to campers' tents; mountain sheep and goats descend to watch passing autos; elk bugle in the thickets, and moose bury their great muzzles among the lily-pads and set canoes dancing on the ripples; squirrels, woodchucks, rabbits, and wild birds constantly flirt around you.

So peaceful and amiable a place sounds safe enough, but it is well to remember that wild animals cannot be wholly trusted. They are as temperamental and individual in their actions as people, and the results are sometimes disastrous. Moreover, animals that are somewhat used to human

beings are particularly dangerous. A "tame" buck, a family pet, turned on his mistress and nearly gored her to death. And I know of a woman who one day suddenly met a tame bear. Paralyzed with fear, she stood still and shrieked, and the bear, wanting the right of way on the trail, brushed her aside with his great paw. The blow broke her hip.

I have watched hundreds of bears at all seasons, and they do many odd things to pass the time away. The younger ones like to stand on their hind legs and box with each other. An almost sure trick to make a bear stand on his hind legs is to crack a dead limb over your knee. The bear rises almost instantly to look about. Bears are always on the lookout for each other; the small ones give the larger ones a wide berth.

I have witnessed many quarrels between full-grown bears. Most of the fighting is strutting about and bluffing, showing the teeth and ruffing the hair along the spine. They usually settle their differences without a blow, though the cubs are always slatting each other about.

In emergencies I have sometimes had to use the old trick of "rushing" an animal, and the trick is a good one to remember, for in wild-game country—especially in the rutting season—wild and semi-wild animals may attack at any time. The trick is to wave a jacket about your head in circles, yell your loudest, and charge the animal. Cowboys and guides stop charging bears and wild steers this way. Once, rounding a curve in thick woods, I saw a boy racing toward me with a black bear chasing him. It was no time for mock heroics. I had my jacket off in an instant, swung it wildly, and with the mightiest of yells bore down on the bear. Did it work? That bear's hind legs passed his ears in his frantic efforts to escape!

Bears are large and bulky, and they look clumsy. But they are quick enough to stop a squirrel, a mouse, or a gopher with a paw movement so swift that the eye can scarcely follow it. A bear can easily outdistance a human. I once had a splendid chance to race a bear along parallel woodland trails. Although we started together, I was soon left far behind.

Grizzlies like to keep to themselves and are rarely found with brown and black bears except in good feeding grounds. A dead whale, a number of winter-killed elk, or masses of salmon ascending a stream

will collect bears of all species. So long as the supply of food is sufficient for them all, they get along together harmoniously.

When bears hibernate for the winter, their dens are seldom located below 5000 feet; from that level to 10,000 feet is the usual height. For several days before "denning up" the bears do not eat, and their stomachs close up like hard, deflated rubber balls. The young are born during the hibernating period. At birth they are about the size of squirrels and are blind. When spring comes, the bears emerge with brand-new claws and footpads. A little water is the first thing they take, and they do not eat for several days. They like to lie about on rocky ledges in the sunshine.

Most bears are vegetarians. They like roots, grasses, lily bulbs, berries and fruit, acorns and nuts. When bears eat honey, they include the bees and grubs. Apparently the stinging does not bother them. The diet is varied with a dead bird or two and sour ants routed from their nests. A turned-over log offers mice, beetles, chipmunks, gophers, or squirrels a good feast. To get at a marmot, a bear will dig through half a ton of rocks and earth. Sometimes a grizzly develops a taste for mutton, or beef, and becomes a killer. The habit spreads, one grizzly teaching another. Blacks and browns are less likely to kill for food, although the latter may become pork eaters and visit farmers' pigsties.

I have proved to myself times without number that bears do not have good eyesight. I question seriously whether bears can see at a distance at all. Close up, however, they see microscopically. And what they lack in sight is made up in the senses of smell and hearing. They can readily smell odors miles away when the wind is blowing fresh and strong. I know actual instances of bears scenting carrion at a measured distance of 25 miles. Their sense of hearing is also very acute.

Those unfamiliar with wild life may be surprised to know that accidents are not infrequent among animals. Falling trees and broken branches maim or kill; lightning exacts a heavy toll, not from the bolt itself, but from the fire it spreads. With the spring thaws come avalanches, which always catch a certain number. Winds and tornadoes are also a menace, and in one instance I saw a number of elk trapped and killed outright by a fall of trees.

Wild game is supposed to be too sure-footed to be injured by falling, but this is

not always the case. Two men, paddling along the edge of a lake close to shore, saw a mountain goat feeding on the steep hillside above them. It was summer, and there was, of course, no snow or ice. Suddenly the goat slipped and fell; he partly recovered himself, only to go end over end down the mountain. As he did not rise and run off, the men went ashore to investigate. They found the goat caught between two logs, his four feet in the air. After taking his picture, the men pulled him out and set him on his feet.

There is another story of a big bull moose with a broken leg. A rancher on an Oregon farm saw him standing near the cabin one morning, and was able to approach him and examine the broken hind leg. Later he called the game warden and the veterinary. All the while the leg was being placed in a cast the moose was gentle. He remained in his stall until the leg was healed; but on the day he was to be released the back-firing of an automobile frightened him and he slipped and fell, breaking the leg again in a different place. The work had to be done all over again, but eventually the moose was released. Weeks later, when the man was fishing on the lake, he saw a moose on the shore, sniffing the breeze. Then the moose entered the water and swam to the boat. Recognizing his patient, the man scratched the moose's neck; then the big fellow turned with a contented grunt and swam ashore. Only a week later the same incident occurred again.—*H. L. Dillaway, a Forest Ranger, in Good Housekeeping.*

TEACH ME, O GOD

Teach me, O God, to cleanse my heart,
Make pure my mind in every part,
And let my every word express
Thy love and joy and tenderness.

Let my life shine, that all may see
Thy image manifest in me.
Let me express through every deed
The sweet compassion of Thy creed—

Not that my soul may gain reward,
Not that my path may be less hard,
But that Thy light shall brightly shine—
To Thee the praise, the glory Thine!

—*Beth Hinds.*

He makes no friend who never made a foe.

WITH OUR HOME-KEEPERS

Favorite Recipes

Date Cookies

Two eggs, 1 cup brown sugar, 1 cup chopped dates, $\frac{1}{2}$ cup nut meats, 1 teaspoon baking powder, 1 cup flour. Mix in order given and bake in rather slow oven.

Bacon Omelet

Mix 1 cup bread crumbs with 1 cup scalded milk, 1 tablespoon butter, salt and pepper. Let stand until the bread has absorbed the milk. Beat in yolks of 5 eggs and 1 cup of finely chopped bacon that has been crisped and drained. (It is easier to cook the bacon first and then chop it.) Fold in the stiffly beaten egg whites and cook as any omelet. Serve at once.

Sweet Potato Croquettes

One cup cooked mashed sweet potatoes, $\frac{1}{4}$ teaspoon pepper, 1 tablespoon flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup chopped nuts or ground peanuts (can be omitted), 1 egg, 1 tablespoon bread crumbs. Mix in the order given reserving the bread crumbs. When mixed shape into balls, roll in crumbs and fry in deep fat.

Handy Hints

Bran water made by placing a small bag of bran in a basin of boiling water may be used to clean varnished woodwork.

The flavor of ham is much improved if after being boiled it is wrapped in buttered paper and baked for an hour.

Leave cake or gingerbread covered with a cloth to steam for three or four minutes before removing it from the pan. It will be more easily removed.

KEEPING SLENDER DURING SUMMER

Those who put on excess weight quickly sometimes find the summer season more trying than the winter months. It is not so easy to do strenuous exercise when the thermometer hovers around the 90's, nor is it particularly advisable, for it may prove too fatiguing. Picnics belong to summer, and unless the hostess is particularly careful her picnic menus may contain such an amount of starch that they give the insidious pounds a chance to grow in number.

That is the dark side of the picture. There is another side, too, and those who are really in earnest about keeping a slender silhouette will find that the lighter foods which belong naturally to summer menus and also the excessive perspiration caused by the warm weather are great aids in any reduction program.

Though warm weather is not conducive to vigorous exercise, there are many very simple exercises which will help one to reduce. Deep breathing is not too strenuous for even the warmest days and when practiced systematically it brings wonderful results. When done regularly before and after meals it does much toward reducing the waist and abdomen.

Stand erect, in the open air, and with hands on hips, inhale from the very depths of your lungs. Hold the breath for a second or two and then gradually exhale with an even, whistling sound until you feel that the lungs are entirely empty. Then inhale again, deeply and slowly. Repeat this exercise 15 times before and after meals and note what the results are in a month's time. This exercise does more than merely reduce one's waist measure. It increases the capacity of the lungs and stimulates the flow of blood through the body. As a consequence the blood is purer, the perspiration freer and the skin becomes healthier and clearer.

Steam baths are reducing. Heating the body and inducing perspiration has a tendency to reduce excess flesh. But unless some exercise is also taken, this way of reducing will prove disappointing, as the muscles will be left soft and flabby. The steam bath and the alternate hot and cold shower-bath both help one to reduce, but they should be supplemented by exercises which keep the muscles firm and supple.

Finally, those who would lose weight must learn to count calories. Those who actually starve themselves will most certainly lose weight, but they may also lose their health. The body must have a certain amount of food and special care must be taken to see that a necessary amount of building and regulating food are included in the diet. Specialize on fresh, juicy fruits and leafy vegetables, drink plenty of water between meals so that free perspiration will be induced, and exercise regularly every day. The woman who chooses food carefully may take from 500 to 1000 calories less per day than the normal amount for her weight and still feel splendid while the pounds are melting away.—Clipped.

A PAGE FOR THE CHILDREN

THE PRINCESS WHO CRIED FOR THE MOON

No fairy in all fairyland had greater reason to be happy than Princess Lack-Joy. Every morning her father, King No-Luck, sent dozens of sprites to gather diamond dewdrops from the grass. These dewdrops were given to Princess Lack-Joy, but they did not make her happy. She would play with them for a few minutes and then leave them lying carelessly about on the ground. Long before midday they would disappear, no fairy knew whither.

Queen Full-of-Care, the mother of Lack-Joy, kept a host of sprites busy making dresses for her little daughter. They fashioned gowns from pink rose-petals and knitted soft garments from the silken threads that spiders left upon the grass. But, alas for the work of the faithful sprites! When Lack-Joy went to bed at night, she always left her clothes in an untidy heap on the floor. In no time at all the lovely garments were limp and crushed.

Other fairies often said of her: "Why is it that Lack-Joy never looks well-dressed? She has more clothes than all the rest of us together; yet she comes to parties in dresses that are wrinkled and soiled. She always looks unhappy, too. I wonder why!"

King No-Luck wondered why, too. At last he gave out word far and wide that upon the youth bringing a gift which gave joy to his daughter he would bestow half his kingdom.

Great excitement followed. From morn until eve fairies rode forth on beetles, dragon flies, and June bugs to seek gifts which might bring happiness to Lack-Joy. A few fairies, too poor to provide themselves with steeds, set out on foot.

In a month's time they began to return, weary and worn from their hard quest. They brought with them rare and beautiful gifts, gold chipped from a ray of sunshine, a wand wrought from silver moonlight, a necklace of frost crystals; but Lack-Joy was pleased with none of them.

King No-Luck was in despair. "My dear child," he said, "you are, indeed, hard to please. Can you think of anything which would make you happy? Only tell me what you wish, and, if possible, I will procure it for you."

"Father," answered Lack-Joy, "there is one thing, and one thing only, which I de-

sire. In the sky at night I have seen a huge golden ball. When that golden ball is mine, I shall be content."

"Oh," replied King No-Luck, "that is the Moon. I have known many a person to sigh for it; but no one, so far as I know, has yet been able to obtain it for himself. However, I shall do what I can, for I desire above all things to see you happy."

Once more King No-Luck called the youthful fairies of his kingdom together. This time he asked them to set out in quest of the Moon. He promised the hand of his daughter in marriage to the one who should bring back this golden ball which Princess Lack-Joy desired more than anything else.

This time the fairies who rode forth to do his bidding were gone a long, long time. It was a year before the first one returned, bent and crippled from the hardships he had endured.

"May it please your Majesty," he said to King No-Luck, "it is useless to reach for the Moon. Many of us who set out on this quest have perished in the attempt, and those who return at all will be forced to come empty-handed."

Sorrowfully, the king went to his daughter with this message. When Lack-Joy learned that the Moon was out of reach, she desired it more than ever. One night, as she looked at the golden globe hanging in the sky, she said to herself:

"I must have the Moon! If nobody will get it for me, I must try to get it myself. I shall climb the highest mountain I can find. Perhaps from its top I can reach the Moon."

When Princess Lack-Joy arrived at the top of the highest mountain in fairyland she reached and reached as far as she could into the sky, but she was not able to touch the Moon, not even by standing on her toes. She finally sat down and wept. Tears gushed from her eyes and ran down the mountain side in two big streams. She cried so long a time that at last there was nothing left of her but the tears which continued to flow in two rivulets down the mountain.

Today people who pass that way stop to admire the two beautiful waterfalls. They call them the Twin Cascades, and few persons there are who know that the cascades, in reality, are the tears of the princess who cried for the Moon.—*Gertrude Clarke Whitney in the Christian Register.*

A PEACE GARDEN

The gardeners of the United States and Canada are prepared to do their bit for the cause of sweet peace. Their stunt will be a \$5,000,000 International Peace Garden on the boundary line between Canada and the United States "as a constant reminder of the amity that exists between these two great nations." It is to be laid out with thousands of acres of flowers and shrubs, with conservatories for the delicate plants which could not stand the climate of the border.

The plan of the peace garden was formulated at a Washington meeting of the National Association of Gardeners at which 50 organizations of the United States and Canada were represented. An international committee of prominent men and women was formed to sponsor and direct the peace garden plan. Selection of the site will be the first big problem. Many places have been proposed. In choosing the location of the garden, which is to be made "one of the

show places of the Western Hemisphere," consideration will be given to its accessibility to visitors from both countries. Donald J. Creighton of Convent, N. J., who was elected president of the association, was one of the prime movers in the garden plan.

MYSELF

I have to live with myself, and so
I want to be fit for myself to know;
Always to look myself straight in the eye.
I don't want to stand, with the setting sun
And hate myself for the things I've done.
I want to go out with my head erect;
I want to deserve all men's respect;
But here in the struggle for fame and pelf
I want to be able to like myself.
I don't want to look at myself and know
That I'm bluster and bluff and empty show.
I never can fool myself, and so
Whatever happens I want to be
Self-respecting and conscience-free.

—Author Unknown.

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Mrs. H. A. Stevens, Chairman, 25 Beacon Street, Boston, Mass.

Miss Ethel L. Hersey, Secretary, Hingham, Mass.

Miss Edith L. Jones, Treasurer of Sunshine Funds, 65 Langdon Street, Cambridge, Mass.

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To help those who live far from schools, or who wish to continue their studies by means of correspondence with a teacher.

To give to those living far from church some of the helps which churches give. One good sermon or similar article is printed in each number. These sermons are never doctrinal, but present only such simple religious truths and principles as are agreed on by all churches.

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The Home Study Committee has on hand a variety of schoolbooks which may be used by students either at home or in the schoolroom. The aim of the teachers is to help in any study where help is needed. Often this may fit a person for a higher grade of work.

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